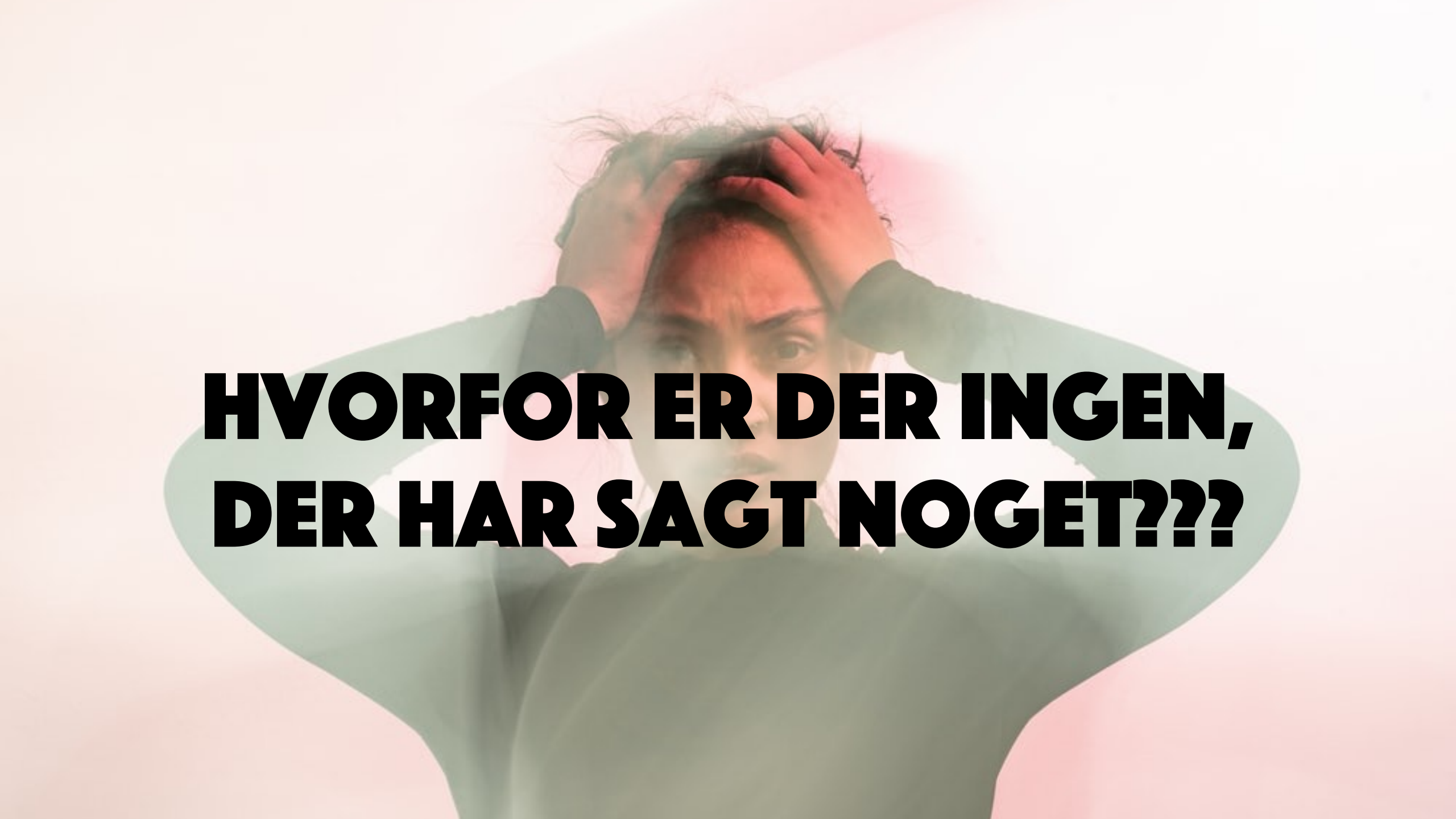




**AT LEVE I EN
TEKNOLOGISK
VERDEN**

Teltmøde - Vorgod Barde 2024

A person with dark hair is shown from the chest up, wearing a dark long-sleeved shirt. They have their hands pressed against their temples and forehead, with a pained or frustrated expression. A large, semi-transparent green speech bubble shape is superimposed over the person's torso and arms. Inside this bubble, bold black text is written. The background is a soft, out-of-focus mix of light pink and white.

**HVORFOR ER DER INGEN,
DER HAR SAGT NOGET???**

DISCLAIMER: JEG FOKUSERER PÅ DET NEGATIVE



AFTENENS PROGRAM

Mit mål

Mediernes udvikling

Hvad gør det ved os?

Hvilke konsekvenser har mit medieforbrug?

What to do?



Hvilke forventninger har du til
oplægget?



Hvad tænker du umiddelbart om
emnet: "digitale medier"?

SNAK MED DIN SIDEMAKKER

MÅLET FOR I DAG



Starte en samtale



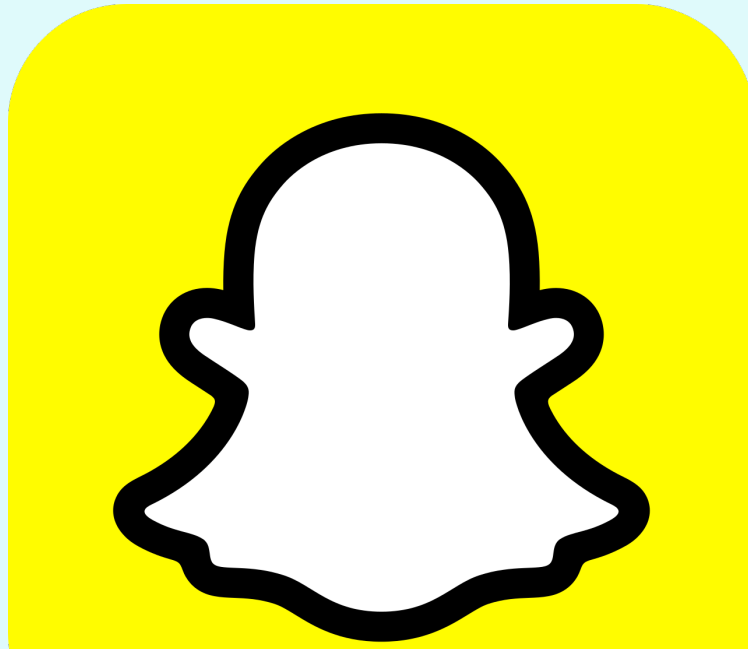
Bevidst og sjældent i stedet for
formålsløst og konstant

**“DE DIGITALE MEDIER ER BLEVET FOR
VORES FORÆLDRE, HVAD DE
FRYGTEDER, AT DE VIL BLIVE FOR OS”**









DU ER PRODUKTET!



N

/the social dilemma



"Vi har lært at fortælle hinanden, at vi betaler med vores personoplysninger, når vi bruger de såkaldte gratistjenester, og det lyder jo ikke så slemt, vel? Lidt personoplysninger her og der, pyt. Men der sker noget uhyggeligt, når vores oplysninger kombineres med alle de indsigter i psykologi og digitalt design, som teknologivirksomhederne har samlet op det seneste årti. Vi afgiver ikke vores personoplysninger, vi afgiver selve vores selvbestemmelse"

– JAN TRZASKOWSKI

Juraprofessor og forfatter til *Your privacy is important to us!*

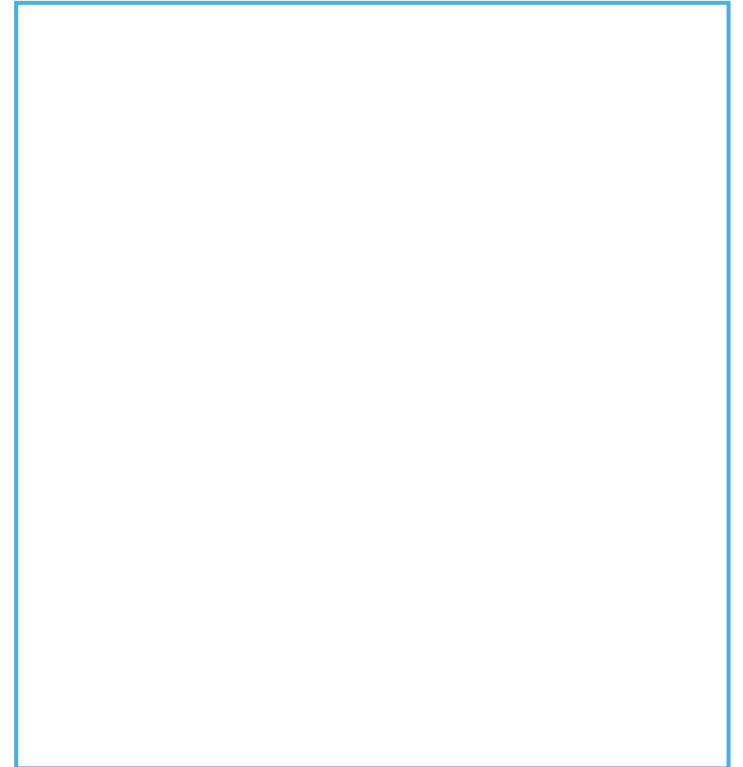
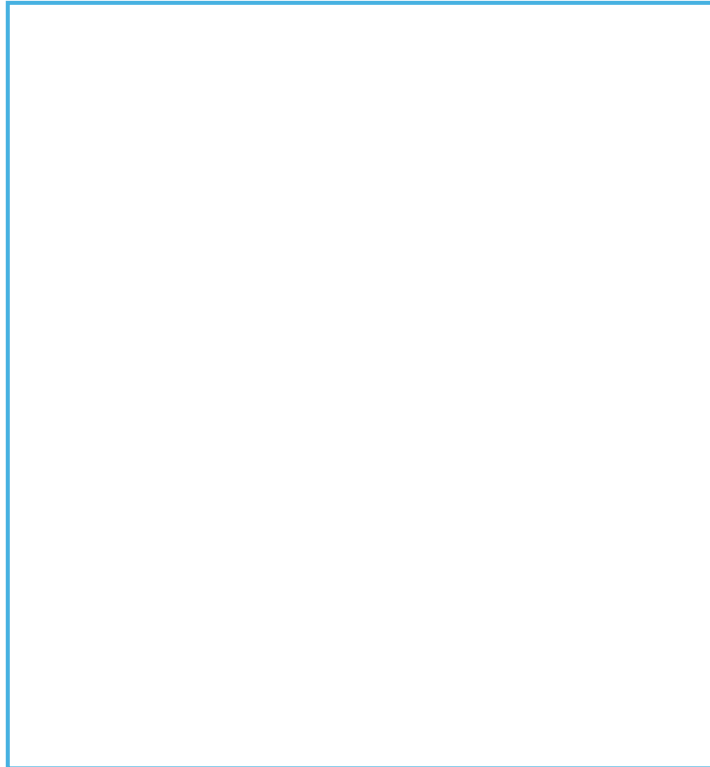


HVAD GØR DET VED OS?

SELVKONTROL – HVEM HAR EGENTLIG
KONTROLLEN?

UNDERSISER VED STANDFORD UNIVERSITY: B.J.FOGG

BEHAVIOR DESIGN:

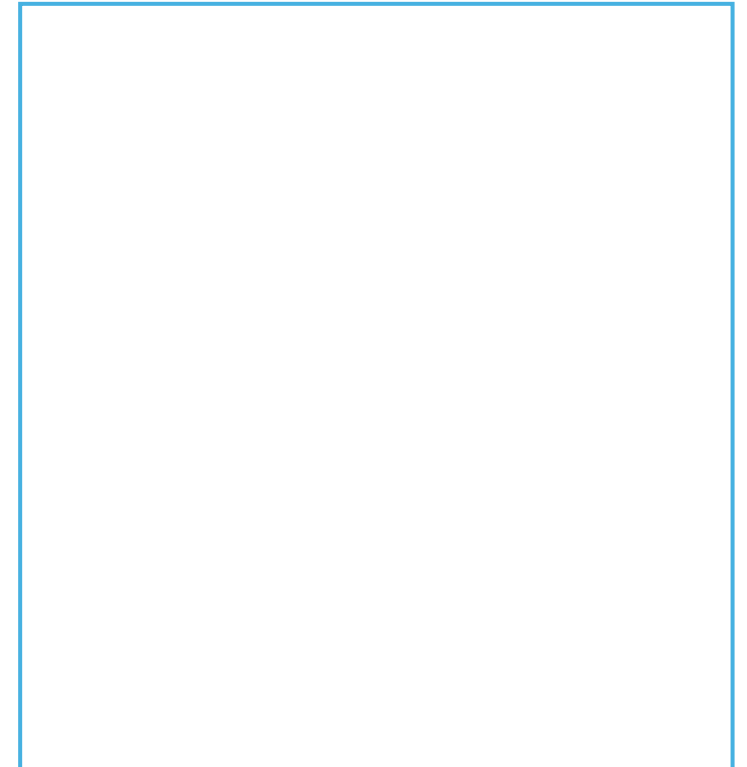
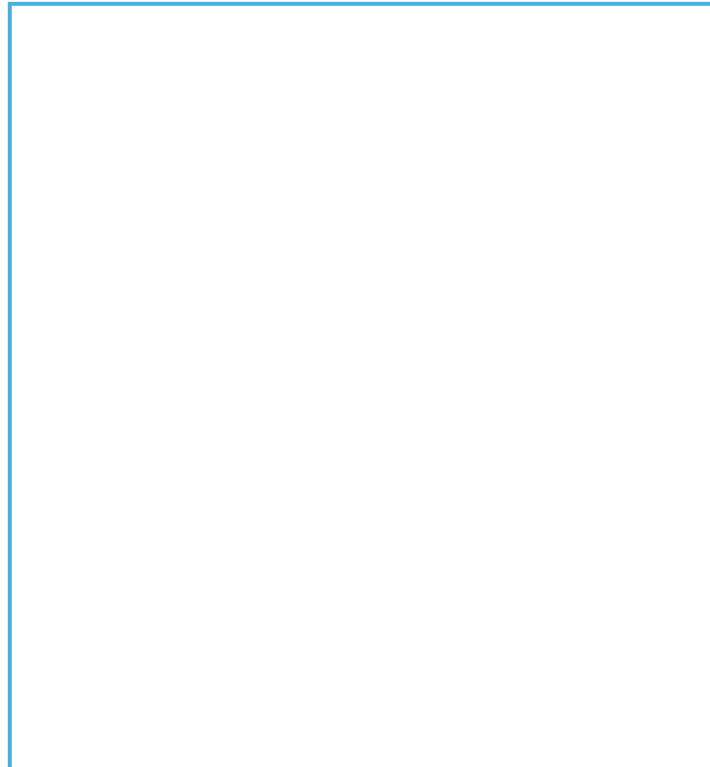


UNDERVERSER VED STANDFORD UNIVERSITY: B.J.FOGG

BEHAVIOR DESIGN:

01

Personen skal
være motiveret



UNDERVERSER VED STANFORD UNIVERSITY: B.J.FOGG

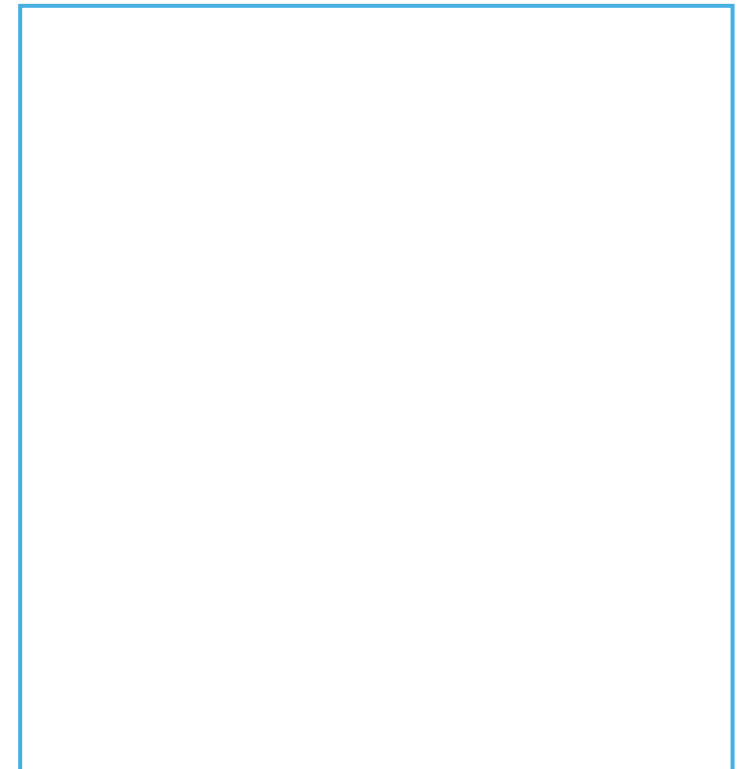
BEHAVIOR DESIGN:

01

Personen skal
være motiveret

02

Personen skal
være i stand til at
gøre det



UNDERVISER VED STANDFORD UNIVERSITY: B.J.FOGG

BEHAVIOR DESIGN:

01

Personen skal
være motiveret

02

Personen skal
være i stand til at
gøre det

03

Personen skal
trigges til at udføre
handlingen



N

THAT FEELING WHEN SOMEONE
"LIKES" ONE OF YOUR POSTS.







NIR EYAL: INDRE TRIGGERE

A 3D digital illustration featuring a human brain, rendered in a realistic reddish-pink color with visible gyri and sulci, positioned inside a translucent blue, head-shaped container. This assembly sits atop a white, multi-tiered, circular pedestal. In the foreground, on a white marble-textured surface, are two black joysticks with orange buttons, connected by black cables to the brain assembly. The background includes a green plant on the left and a soft orange glow on the right. The text "DIGITALE JUNKIES" is centered in a bold, white, sans-serif font.

DIGITALE JUNKIES



"Hvis jeg ville ødelægge folks koncentrationsevne,
ville jeg skabe et samfund som det, vi har nu"

- JOEL NIGG

SNAK MED DIN SIDEMAKKER



Hvad er du blevet fanget af?



Er der noget du kan genkende i dit liv
eller noget der er anderledes hos dig?

A close-up photograph of a person's hands holding a red smartphone. The person is wearing a dark green long-sleeved shirt. They are sitting on a blue and white quilted blanket. The background is blurred, showing more of the blanket and the person's legs. The lighting is soft and natural.

KONSEKVENSER

FOR MIG SELV

A photograph of two women sitting at a wooden table in a cafe. The woman on the left, with light brown hair in a bun, wears a grey and white striped shirt and rests her chin on her hand, looking thoughtful. The woman on the right, with dark curly hair, wears a denim jacket over a white shirt and is looking down at a smartphone. On the table are two blue mugs of coffee and a slice of cake. The background shows a cafe interior with shelves of bottles and a stone wall.

KONSEKVENSER

FOR MINE NÆRE RELATIONER

"De digitale medier har gjort os dårligere til at være de mennesker, vi egentlig gerne vil være!"

– IMRAN RASHID

**Tager du dig selv i at læse og besvare
beskeder og mails på alle tider af
døgnet - også selv om det forstyrrer
det, du ellers er i gang med?**

DEN DELTE OPMAERKSOMHED



KONSEKVENSER

FOR MIN RELATION TIL GUD

PSALM 107

672

They, however, were rebellious in their
counsel, Ps. 81:12
And so sank down in their iniquity.

44 Nevertheless He looked upon their distress,

When He heard their cry; Judg. 3:9, 6:7

45 And He remembered His covenant for
their sake, [Lev. 26:42]; Ps. 105:8

And relented according to the greatness
of His lovingkindness, was very

46 He also made them objects of compassion
Ezra 9:9; Neh. 1:11; Jer. 42:12
In the presence of all their captors.

47 "Save us, O LORD our God," 1 Chr. 16:35f.
And gather us from among the nations,
To give thanks to Thy holy name,
And glory in Thy praise. loud

48 Blessed be the LORD, the God of Israel,
From everlasting even to everlasting.
And let all the people say, "Amen."
'Praise the LORD!' Hallelujah!

BOOK 5

11 Because they had rebelled against the
words of God, Ps. 78:40, 106:7
And spurned the counsel of the Most
High. Psa. 1:25; Is. 5:24 • [Ps. 73:24]

12 Therefore He humbled their heart with
labor;

They stumbled and there was none to
help. [Ps. 22:11; 72:12]

13 Then they cried out to the LORD in their
trouble, Ps. 107:4

He saved them out of their distresses.

14 He brought them out of darkness and
the shadow of death, Ps. 80:13, 107:10
And broke their bands apart. Luke 13:34

15 Let them give thanks to the LORD for
His lovingkindness, Ps. 107:8, 21, 34

And for His wonders to the sons of
men! wonderful acts

16 For He has shattered gates of bronze,
And cut bars of iron asunder.

17 Fools, because of their rebellious way,
And because of their iniquities, were
afflicted. [Is. 65:6, 7; Jer. 30:14, 15]

18 Their soul abhorred all kinds of food;

31 Let them give thanks to the LORD for
His lovingkindness, Ps. 107:8, 15, 21

And for His wonders to the sons of
men! wonderful acts • Ps. 78:4; 111:4

32 Let them extol Him also in the congregation
of the people, Ps. 34:3, 99:5

And praise Him at the seat of the elders.
Ps. 35:15

33 He ¹⁸⁵changes rivers into a wilderness,
And springs of water into a thirsty
ground;

34 A fruitful land into a salt waste,
Because of the wickedness of those
who dwell in it.

35 He changes a wilderness into a pool of
water, turns • [Is. 35:6, 7] • desert

And a dry land into springs of water;

36 And there He makes the hungry to
dwell,

So that they may establish an inhabited
city, a habitable city • Ps. 107:4, 7

37 And sow fields, and plant vineyards,
And gather a fruitful harvest.

38 Also He blesses them and they multiply
greatly; Gen. 12:2, 17:20; Ex. 1:7

And He does not let their cattle de-

673

PSALM 109

Save with Thy right hand, and answer
me!

7 God has spoken in His ¹⁸⁶holiness:
"I will exult, I will portion out Shechem,
And measure out the valley of Succoth.

8 "Gilead is Mine, Manasseh is Mine;
Ephraim also is the helmet of My head;

Judah is My ¹⁸⁷accepter. [Gen. 49:10]

9 "Moab is My washbowl;
Over Edom I shall throw My shoe;
Over Philistia I will shout aloud."

10 "Who will bring me into the besieged
city? Ps. 60:9

Who will lead me to Edom? has led

11 Hast not Thou Thyself, O God, rejected
us? Ps. 44:9

And wilt Thou not go forth with our
armies, O God?

12 Oh give us help against the adversary,
For deliverance by man is in vain. of

13 Through God we shall do valiantly;
And it is He who will tread down our
adversaries. Is. • Is. 60:12; 63:1-4

PSALM 109

Så blev Jesus af Ånden ført ud i **ἐρήμον** for at fristes af Djævelen. ² Og da han havde fastet i fyrre dage og fyrre nætter, led han til sidst sult. ³ Og fristeren kom

Ganske tidligt, mens det endnu var helt mørkt,
stod Jesus op, og han gik bort og ud til **ἐρήμον**
og bad dér.

Mark 1,35



**“OPMÆRKSOMHED ER FORLØBEREN
TIL TILBEDELSE”**

- JOHN MARK COMER

A high-angle, long-exposure photograph of a busy London Underground station. The image captures a large, multi-level staircase and a set of escalators, both filled with people in motion. The motion blur gives a sense of constant activity and haste. On the left, a large pillar supports the upper levels, and a sign for 'London Travel Information' is visible. In the background, a 'Merchandise' sign is partially visible. The overall atmosphere is one of a fast-paced, crowded urban environment.

**“DEN STØRSTE FJENDE FOR DET
ÅNDELIGE LIV I DAG ER ‘HURRY’”**

SNAK MED DIN SIDEMAKKER



Hvad sidder jeg tilbage med?



Er der områder af mit liv, som jeg gerne vil gøre noget ved?



Er jeg blevet mere nysgerrig på noget?

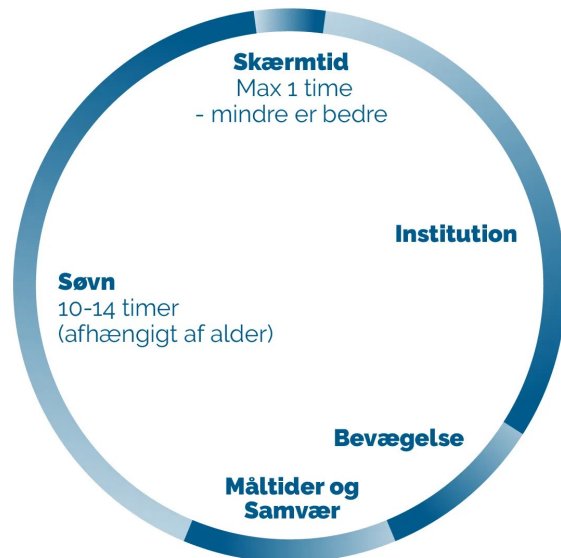
WHAT TO DO?



SUNDHEDSSTYRELSENS ANBEFALINGER

12. JUNI 2024

Børn 2-4 år



Børn og unge 5-17 år



Voksne 18+





WHAT TO DO?

- Fokuser på, hvad du vil have mere af
- Lav aftaler i familien
- Digital sabbat
- Minimal mængde apps
- "Put" din mobil
- Flyt mobilen udenfor en armslængde
- Tidsbegrænsning
- Slå notifikationer fra
- Revurder TV forbrug
- Noget helt andet?





SPØRGSMÅL OG KOMMENTARER

EKSTERN LITTERATUR

- Rapport om danske 4-åriges skærmbrug

https://www.sdu.dk/da/sif/ugens_tal/ut_24_smaa_boern_sidder_for_meget_foran_en_skaerm?fbclid=IwZXh0bgNhZW0CMTAAAR2Y15lO0yklBjYad8aQQkNAx_vN_gCPoAlmd0xlt26Q3iLEiz4v02ku2BU_aem_AT4MuLyQPc2h8umEC64OzJHNZXD1-AmOVAQ58f2jBw_ux6LJeJN9Dqh6MEs-VTPUmvMPSEpn3f7EmSoWBgVtBFsS

- Sundhedsstyrelsens anbefalinger vedrørende skærmbrug

https://www.sst.dk/da/Borger/En-sund-hverdag/Skærmbrug?fbclid=IwZXh0bgNhZW0CMTAAAR3ggcOFfaZ5V8n9Hr8n7C5OdGprZEDR_JyYi6IVOJYBHlKBhMxJtoWaSs_aem_AT7uVvompjD1WTzvquqorQLJ_skOj6bVDEWN1aKXIUi-WZvloWvDfACTKSJrIKu7GNCL4EChDdL-VLkyF6gayzU

- Smartphonefri barndom

<https://www.smartphonefribarndom.org/afgivlofet>

- Center for Humane Technology

<https://www.humanetech.com>